1. In the field of audio communication, a steganographic method for embedding data, comprising the steps of:

a first step of inputting a digital host audio signal;

dividing said host audio signal into non-overlapping frames;

computing the frame power f_e;

a second step of inputting a digital signal to be embedded;

determining whether a "0" is to be embedded;

IF a "0" is to be embedded; THEN

setting the power of a tone at f_0 to a percentage of the power of f_e;

setting the power of a tone at f_1 to a fraction of the power of said tone at f_0;

embedding said tone at f_0 and said tone at f_1 into said frame of said host audio signal;

transmitting said frame of said host audio signal;

inputting next frame of said host audio signal and next bit of said digital signal to be embedded; and

returning to said step of determining;

OTHERWISE;

setting the power of a tone at f_1 to a percentage of the power of f_e;

setting the power of a tone at f_0 to a fraction of the power of said tone at f_1; and

returning to said step of embedding.

2. Method of claim 1, further comprising a steganographic method for recovering embedded data, comprising the steps of:

receiving a digital audio signal containing an embedded digital signal;

dividing said received audio signal into non-overlapping frames;

computing the frame power f_e of each said non-overlapping frame of said received digital host audio signal;

determining whether $(f_e / f_0) > (f_e / f_1)$

IF $(f_e / f_0) > (f_e / f_1)$, THEN

declaring the embedded bit to be a "0"; and

returning to said step of computing said frame power for the next frame of said received digital host audio signal;

OTHERWISE,

declaring the embedded bit to be a "1"; and

returning to said step of computing said frame power for the next frame of said received digital host audio signal.

3. Method of claim 1, wherein said non-overlapping frames are 16 milliseconds in length.

4. Method of claim 2, wherein said non-overlapping frames are 16 milliseconds in length.

5. Method of claim 1, wherein

said power of said tone at f_0 is 0.25% the power of f_e; and

said power of said tone at f_1 is 0.001 of the power of said tone at f_0 whenever a "0" is to be embedded.

6. Method of claim 1, wherein

said power of said tone at f_1 is 0.25% the power of f_e; and

said power of said tone at f_0 is 0.001 of the power of said tone at f_0 whenever a "1" is to be embedded.

7. In the field of audio communication, a steganographic method for embedding two bits of data, comprising the steps of:

a first step of inputting a digital host audio signal;

dividing said host audio signal into non-overlapping frames;

computing the frame power f_e;

a second step of inputting a digital signal to be embedded;

a first step of determining whether a "00" is to be embedded;

IF a "00" is to be embedded; THEN

setting the power of a tone at f_0 to a percentage of the power of f_e;

setting the power of tones at f_1, f_2 and f_3 to a fraction of the power of said tone at f_0;

embedding said tone at f_0 and said tones at f_1, f_2 and f_3 into said frame of said host audio signal;

transmitting said frame of said host audio signal;

inputting next frame of said host audio signal and next two bits of said digital signal to be embedded; and

returning to said first step of determining;

OTHERWISE;

a second step of determining whether a "01" is to be embedded;

IF a "01" is to be embedded; THEN

setting the power of a tone at f_1 to a percentage of the power of f_e;

setting the power of tones at f_0, f_2 and f_3 to a fraction of the power of said tone at f_1;

embedding said tone at f_1 and said tones at f_0, f_2 and f_3 into said frame of said host audio signal;

transmitting said frame of said host audio signal;

inputting next frame of said host audio signal and next two bits of said digital signal to be embedded; and

returning to said first step of determining;

OTHERWISE;

a third step of determining whether a "10" is to be embedded;

IF a "10" is to be embedded; THEN

setting the power of a tone at f_2 to a percentage of the power of f_e;

setting the power of tones at f_0, f_1 and f_3 to a fraction of the power of said tone at f_2;

embedding said tone at f_2 and said tones at f_0, f_1 and f_3 into said frame of said host audio signal;

transmitting said frame of said host audio signal;

inputting next frame of said host audio signal and next two bits of said digital signal to be embedded; and

returning to said first step of determining;

OTHERWISE;

a fourth step of determining whether a "11" is to be embedded;

IF a "11" is to be embedded; THEN

setting the power of a tone at f_3 to a percentage of the power of f_e;

setting the power of tones at f_0, f_1 and f_2 to a fraction of the power of said tone at f_3;

embedding said tone at f_3 and said tones at f_0, f_1 and f_2 into said frame of said host audio signal;

transmitting said frame of said host audio signal;

inputting next frame of said host audio signal and next two bits of said digital signal to be embedded; and

returning to said first step of determining.

8. Method of claim 7, further comprising a steganographic method for recovering embedded data, comprising the steps of:

receiving a digital audio signal containing an embedded digital signal;

dividing said received digital audio signal into non-overlapping frames;

computing the frame power f_e and the frame power at f_0, f_1, f_2 and f_3 of each non-overlapping frame of said received digital audio signal;

computing the ratios (f_e / f_0), (f_e / f_1), (f_e / f_2) and (f_e / f_3);

a first step of determining whether (f_e / f_0) is the lowest ratio;

IF (f_e / f_0) is the lowest ratio; THEN

declaring the embedded bits to be "00"; and

returning to said step of computing the frame power f_e and the frame power at f_0, f_1, f_2 and f_3 of next frame of said received digital host audio signal;

OTHERWISE;

a second step of determining whether (f_e / f_1) is the lowest ratio;

IF (f_e / f_1) is the lowest ratio; THEN

declaring the embedded bits to be "01"; and

returning to said step of computing the frame power f_e and the frame power at f_0, f_1, f_2 and f_3 of next frame of said received digital host audio signal;

OTHERWISE;

a third step of determining whether (f_e / f_2) is the lowest ratio;

IF (f_e / f_2) is the lowest ratio; THEN

declaring the embedded bits to be "10"; and

returning to said step of computing the frame power f_e and the frame power at f_0, f_1, f_2 and f_3 of next frame of said received digital host audio signal;

OTHERWISE;

a fourth step of determining whether (f_e / f_3) is the lowest ratio;

IF (f_e / f_3) is the lowest ratio; THEN

declaring the embedded bits to be "11"; and

returning to said step of computing the frame power f_e and the frame power at f_0, f_1, f_2 and f_3 of next frame of said received digital host audio signal.

9. Method of claim 7, wherein said non-overlapping frames are 16 milliseconds in length.

10. Method of claim 8, wherein said non-overlapping frames are 16 milliseconds in length.

11. Method of claim 7, wherein

said power of said tone at f_0 is 0.05% the power of f_e; and

said power of said tones at f_1, f_2 and f_3 is 0.001 of the power of said tone at f_0

whenever a "00" is to be embedded.

12. Method of claim 7, wherein

said power of said tone at f_1 is 0.05% the power of f_e; and

said power of said tones at f_0 , f_2 and f_3 is 0.001 of the power of said tone at f_1 whenever a "01" is to be embedded.

13. Method of claim 7, wherein

said power of said tone at f_2 is 0.05% the power of f_e; and

said power of said tones at f_0 , f_1 and f_3 is 0.001 of the power of said tone at f_2 whenever a "10" is to be embedded.

14. Method of claim 7, wherein

said power of said tone at f_3 is 0.05% the power of f_e; and

said power of said tones at f_0 , f_1 and f_2 is 0.001 of the power of said tone at f_2 whenever a "11" is to be embedded.